



# SOCIAL HEALTH AWARENESS

FEB LUNCH AND LEARN SERIES

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# JASON PERRY

## Education

- Southern University (Marketing)
- Argosy University (MBA)

## Career

- Federal Government (FEMA & U.S. Census Bureau)
- Corporate Business (Marketing)

## Hobbies

- Fitness
- Photography
- Parenting

1

Define the three facets of health: Physical, Mental, and **Social Health**.

2

Understand the differences **health** and **wellness**. Provide aspects and examples of each.

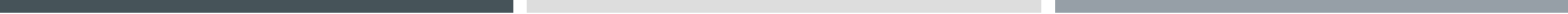
3

Become aware of key components which contribute to our **Social Health**.

4

Learn the importance of **Healthy Relationships**.

## GOALS & OBJECTIVES



“

A healthy person has a  
thousand wishes, a sick  
person only has one.

”

- Tony Robbins



HEALTH

The state of complete **physical, mental, and social** well-being and not merely the absence of disease, or infirmity.

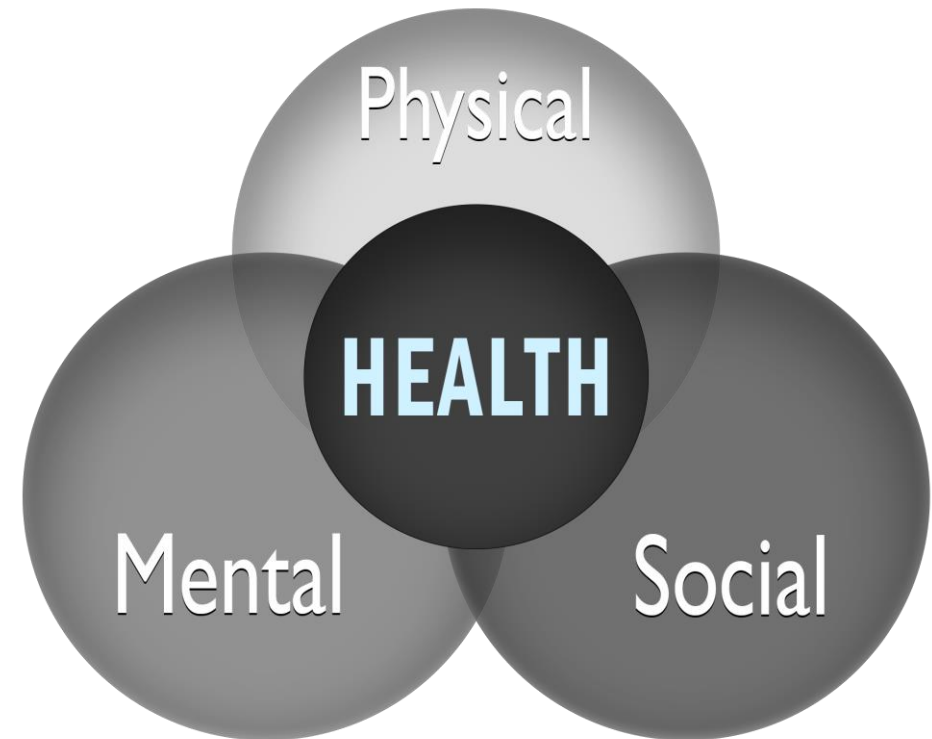


WELLNESS

An **active process** through which people become aware of, and make choices toward, a more successful existence.

# HEALTH

- **Physical Health:** regular exercise, balanced nutrition, and adequate rest all contribute to good health.
- **Mental Health:** a person's emotional, social, and psychological well-being.
- **Social Health:** a person's ability to form healthy and rewarding interpersonal relationships with others.



# WELLNESS

- **Wellness** is an “**active pursuit**” that is associated with **intentions, choices** and **actions** as we work toward an optimal state of **health** and **wellbeing**.
- **Wellness** is linked to **holistic health**—it incorporates many different dimensions that should work in **harmony**.







## LET'S FOCUS ON SOCIAL HEALTH

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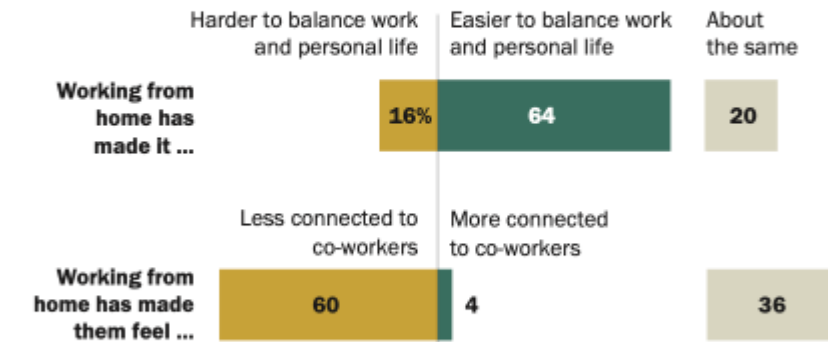


# HOW IS YOUR **CAREER** IMPACTING YOUR SOCIAL HEALTH?

- 10 years ago, the average American adult spent most of their waking hours at work.
- After the pandemic, more U.S. workers with jobs which can be done from home, are choosing to telework.
- Teleworking has advantages and disadvantages

## **For workers who've made the switch to teleworking, most have found more balance but less connection with co-workers**

*Among employed adults who rarely or never worked from home before COVID-19 and are working from home at least some of the time now, % saying ...*



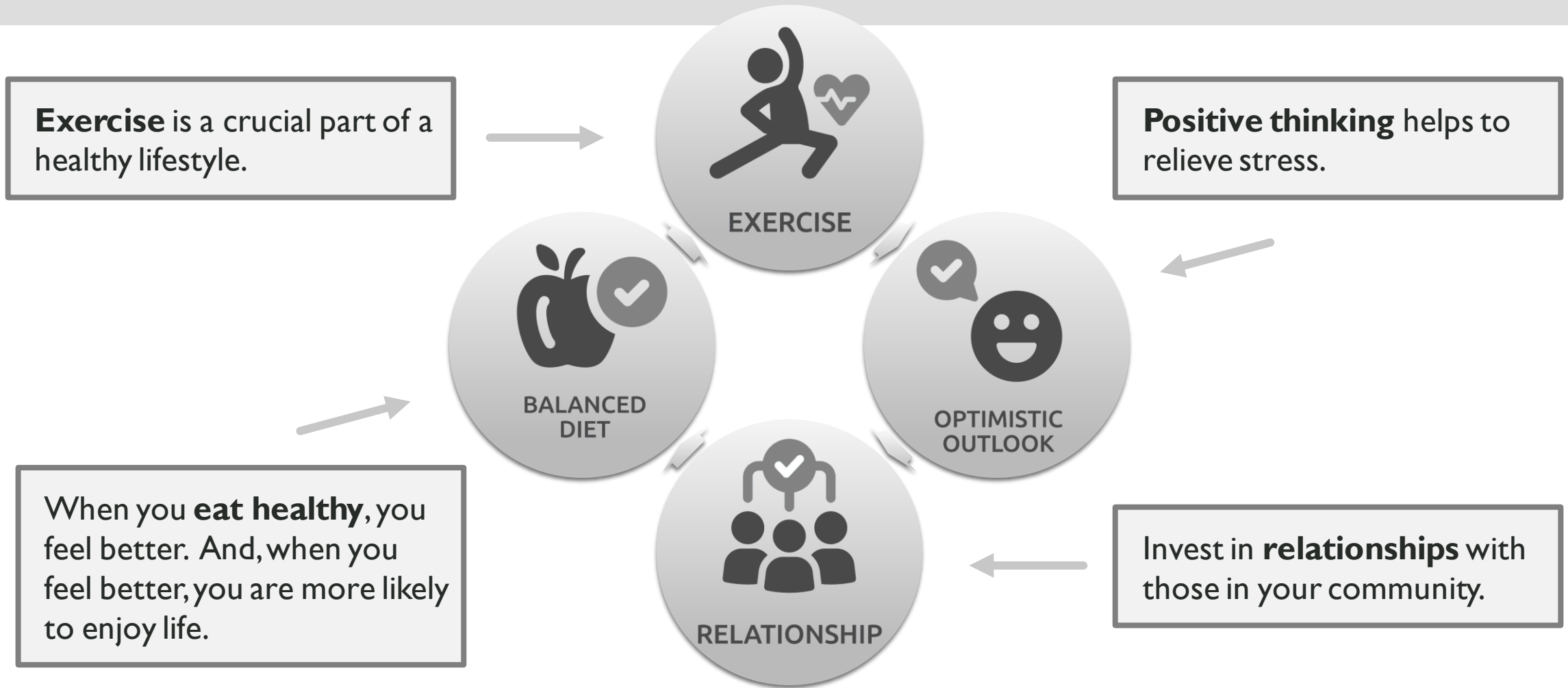
Note: Based on those who say, for the most part, the responsibilities of their job can be done from home. Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. adults conducted Jan. 24-30, 2022.

"COVID-19 Pandemic Continues To Reshape Work in America"

PEW RESEARCH CENTER

# HOW IS YOUR **LIFESTYLE** IMPACTING YOUR SOCIAL HEALTH?



# HOW DO YOU **IMPROVE** YOUR SOCIAL HEALTH?

## 1. Identify areas to change

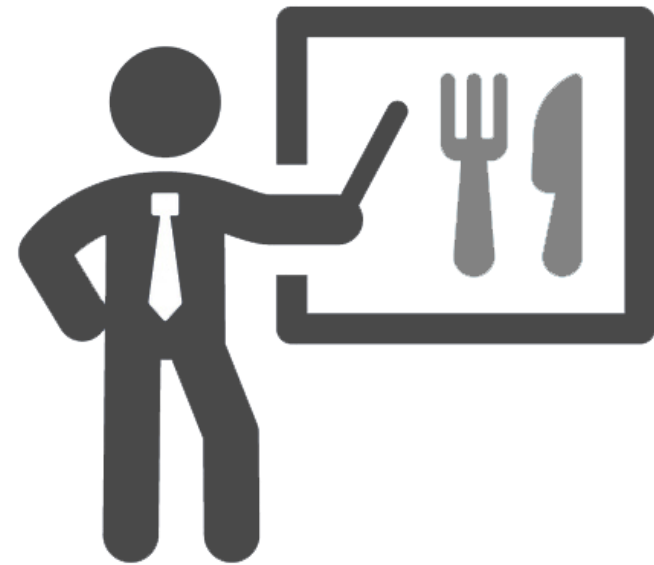
2. Evaluate your thoughts

3. Smile

4. Follow a healthy lifestyle

5. Surround yourself with positive people

6. Encourage yourself



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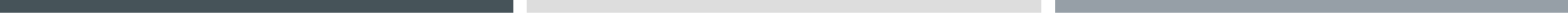
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“

Healthy citizens are the  
greatest asset any  
country can have.

”

- Sir Winston Churchill



# THE IMPORTANCE OF HEALTHY RELATIONSHIPS

**A relationship** is defined as “*the way in which two or more people are connected, or the state of being connected.*”



THANK YOU FOR ATTENDING!